SHAPE OF THE NATION REPORT

A SURVEY OF STATE PHYSICAL EDUCATION REQUIREMENTS

CONDUCTED BY NATIONAL ASSOCIATION FOR SPORT AND PHYSICAL EDUCATION

An association of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
January, 1998

Dear Physical Education Professional:

The evidence is overwhelming. Recent statistics confirm that more Americans than ever are overweight, inactive, and have established poor dietary practices. What is more alarming is that a large percentage of these figures relates directly to our youth. The wave of new technology combined with higher academic standards and cutbacks in school and municipal budgets, have us raising a generation that sits more and moves less.

We, as a nation, must reaffirm our commitment to “practice what we preach” for the sake of our children’s health. For this reason, Flaghouse is proud to support NASPE as they champion this cause on behalf of America’s school children.

Sincerely,

George Carmel
President,
Flaghouse. Inc.
Executive Summary

Introduction

Current research findings and recommendations indicate consensus on the importance of regular, quality physical education and daily physical activity programs for all students, kindergarten through 12th grade.

Congress passed Resolution 97 in 1987 encouraging state and local governments and local educational agencies to provide high quality daily physical education programs for all children in kindergarten through grade 12. In 1990 as part of the Healthy People 2000 Objectives, the Department of Health & Human Services included the following for Physical Activity and Fitness Goals:

"Increase to at least 50 percent the proportion of children and adolescents in first through 12th grade who participate in daily school physical education."

"Increase to at least 50 percent the proportion of school physical education class time that students spend being physically active, preferably engaged in lifetime physical activities."

The first ever Surgeon General's Report on Physical Activity and Health, released in July 1996, recommended that "communities should provide quality, preferably daily, K-12 physical education classes and hire physical education specialists to teach them."

In 1997 the Centers for Disease Control & Prevention released new Guidelines for School and Community Health Programs to Promote Lifelong Physical Activity Among Young People. The guidelines recommend:

- daily physical education programs for all children in kindergarten through 12th grade
- eliminate or sharply reduce the practice of granting exemptions for physical education classes and
- increase the amount of time that students are active in physical education classes.

Yet, despite these national recommendations, based on a large body of evidence about the health benefits of physical activity, there is no federal mandate or funding targeted to physical education. Each state must decide what kind of physical education program will be available to or required of students in each state.

Purpose

The purpose of the Shape of the Nation Survey, which was last conducted in 1993, is to determine the availability and mandate for physical education programs in each state, provide an overview of who is teaching physical education and the requirements for students taking physical education in each state.

Method

During the summer of 1997 NASPE sent a questionnaire to physical education consultants in all 50 state Departments of Education. Consultants were asked about the state mandate for physical education at the elementary, middle and secondary school levels, acceptance of substitutions, time allocation, qualification directives for teaching physical education, and issues and concerns. Follow-up phone calls were made to complete responses to the survey. All 50 states provided complete information for the survey. All information was returned to state Departments of Education for verification after it had been compiled and interpreted.

Results

Most states are not living up to recommendations of the U.S. Surgeon General's Report on Physical Activity and Health and Centers for Disease Control and Prevention to require daily physical education for all students in kindergarten through 12th grade. That is the major finding of the Shape of the Nation Report, which was conducted by the National Association for Sport and Physical Education (NASPE).

Forty-seven states (the same amount as in 1993) have state mandates for physical education. As reported in 1993, Illinois is still the only state that requires daily physical education for all students, K-12. Alabama and Washington require daily physical education for all students K-8. At the elementary school level, where mandated by the state, physical education time requirements range from 50 minutes a week to 200 minutes per week. At the middle school level, where mandated by the state, physical education time requirements range from 55 minutes a week to 275 minutes per week.

The majority of high school students take physical education for only one year between 9th and 12th grades.

Ten years after the U.S. Congress passed Resolution 97 encouraging state and local governments and local educational agencies to provide high quality daily physical education programs for all children in kindergarten through grade 12, no progress has been made. This is despite concerns about the health of our nation's children and youth and the federal government's calls for daily physical education programs for all students, kindergarten through 12th grade.

Other Highlights

Only Illinois requires all students to take a specific amount of physical education in all grades, K-12. In 1993 four states (Illinois, Hawaii, Kentucky, and Rhode Island) required all students to take a specific amount of physical education in all grades, K-12.

Three states (the same amount as in 1993) do not have any state mandates relating to physical education. All requirements are left to the individual school districts. They are Colorado (now a local control state), Mississippi and South Dakota. Arizona, which did not have a mandate in 1993, does now have a mandate.
Only a few states do not require continuing education credits to maintain teacher certification. In some states the individual school districts either set or may add to the state requirement for continued teacher certification. The majority of states required five or six credit hours every five years to maintain teacher certification in physical education. This is the same requirement as in other fields of study.

**Elementary School Highlights**

Only certified physical education teachers teach physical education in Delaware, Idaho, Illinois, Michigan, Missouri, Nevada, and South Dakota.

Only classroom teachers teach physical education in California, Hawaii, Oklahoma and Washington.

In the remaining 39 states, both certified physical education specialists and classroom teachers teach physical education.

**Middle School Highlights**

In 38 states certified physical education specialists teach physical education at the middle school level.

In 11 states (Alaska, Iowa, Kansas, Kentucky, Louisiana, Maine, Massachusetts, New Hampshire, New Jersey, Oklahoma and Washington) certified physical education specialists and classroom teachers teach middle school physical education.

In Alabama, certified physical education specialists and physical education aides teach physical education.

**Secondary School Highlights**

Certified physical education specialists teach physical education at the secondary school level in 46 states.

Certified physical education specialists and classroom teachers teach physical education at the secondary level in four states (Alabama, Massachusetts, Oklahoma and Oregon).

The majority of states – 19 (Alabama, Alaska, Connecticut, Delaware, Hawaii, Idaho, Indiana, Iowa, Kansas, Maine, Missouri, Montana, New Hampshire, New Mexico, North Carolina, North Dakota, Oregon, South Carolina, and West Virginia) require one unit or one year of physical education during 9th through 12th grades.

Two units or two years are required in six states (California, Nebraska, Nevada, New York, Virginia and Washington. Other requirements include zero units (Oklahoma, South Dakota and Tennessee), ½ unit (Arkansas, Florida, Georgia, Kentucky, Maryland and Ohio), and 1½ units (Louisiana, Texas, Utah, Vermont and Wisconsin). The graduation requirements for the remaining 11 states are set by the local school districts.

Sixty-eight percent of the states (34) give a grade for physical education and include it in the grade point average. California does not include the physical education grade in the grade point average. The remainder of the states (13) decide at the local school district level if grades are included in the students' grade point average.

Forty-six percent of the states (23) do not allow any substitutions for physical education.

Forty-two percent of the states (21) allow substitutions for physical education. These may include medical reasons, religious, varsity athletics, ROTC and marching band. The remaining states make substitution options at the local school district level.

In the comments section, the answers varied quite a bit. Several states expressed very positive signs of physical education growth in their states. Others expressed concerns over the physical conditions of their students and the fact that students are allowed to avoid physical education by participating in other courses, activities, etc. One state feared that the requirement for physical education may be dropped. Most believed that physical educators need to get more involved at all levels to ensure positive physical education programs for all states in the future.

**Recommendations for Action**

Regarding physical education, the National Association for Sport and Physical Education (NASPE) recommends the following:

1. All students K-12 receive quality, regular physical education.
2. Elementary school children receive a minimum of 150 minutes per week of instructional physical education; middle and high school students receive a minimum of 225 minutes per week of instructional physical education.
3. All states require comprehensive physical education as part of their core curriculum and set minimum standards of achievement for each grade level.
4. Meeting standards for physical education be a requirement for graduation.
5. Other courses and activities that may include physical exercise should not be substituted for instructional physical education.
6. Teachers who are specially trained in physical education deliver physical education instruction at all levels.
7. All sport coaches be certified/licensed teachers and have additional education and certification for coaching.
8. Physical education programs be designed to facilitate achievement of the national standards for physical education.
Conclusion

Our public schools are entrusted with the tremendous task of preparing our young people to live healthy, productive lives. To meet this lofty goal, federal and state governments are investing tremendous amounts of time, effort and financial resources to build ultra-modern classrooms and equip them with the latest educational technology. State Departments of Education are continuously changing, improving and re-evaluating academic programs to meet ever changing needs. Unfortunately, it seems that in many cases in our zeal to regain our rightful place in the world community with math and science, we are seriously neglecting other disciplines such as music, art and physical education.

Mathematics, language arts, social studies, science and the arts are certainly critical to a quality education. However, the goal of all education must be to educate the whole child, physically, mentally and socially. Our future depends on our children becoming productive citizens. We can not neglect a full comprehensive physical education on how to become and stay healthy and fit. To accomplish this goal of educating the whole child, the National Association for Sport and Physical Education (NASPE) recommends that federal and state education entities greatly increase their efforts to improve the availability and quality of physical education throughout the nation.

Shape of Our Nation's Children

The percentage of young people who are overweight has more than doubled in the past 30 years.\(^1\)

Low levels of activity contribute to the high prevalence of obesity among children in the U.S. The National Health and Nutrition Examination Survey, conducted from 1988 to 1994 by the Centers for Disease Control and Prevention, reported:

- 14 percent of children, ages 6-11, are overweight
- 12 percent of adolescents, ages 12-17, are overweight

Obesity-related diseases cost the U.S. economy more than $100 billion every year.\(^1\)

Inactivity and poor diet cause at least 300,000 deaths a year in the United States. Only tobacco causes more preventable deaths.\(^1\)

Almost half of young people aged 12-21 and more than a third of high school students do not participate in vigorous physical activity on a regular basis.\(^1\)

Seventy-two percent of 9th graders participate in vigorous physical activity on a regular basis, compared with only 55% of 12th graders.\(^1\)

Children are not as active as they should be.

Fewer than one in four children get 20 minutes of vigorous activity every day of the week. Less than one in four reported getting at least half an hour of any type of physical activity every single day.\(^2\)

About one in four children did not play on any sports teams, either at school or through community programs.\(^2\)

Physical activity peaks in 10th grade, at 11 hours per week as the median, and then begins a steady decline that is likely to continue into the adult years.\(^2\)

In all grade levels, girls get significantly less activity than boys, yet three-quarters of the girls surveyed felt they get enough exercise.\(^2\)

Daily participation in physical education class

25.4 percent of students had attended physical education class daily.\(^1\) About one in four children surveyed did not get any physical education in school. For those who did, 93% said they enjoyed physical education classes. However, physical education classes accounted for, at best, less than one and three-quarters hours of physical activity per week.\(^2\)

Participation on a sports team run by school

50.3 percent of students had played on a sports team sponsored by their school during the 12 months preceding the survey.\(^3\)

Male students (57.8 percent) were significantly more likely than female students (42.4 percent) to play on a sports team run by their school.\(^3\)

Participation on a sports team run by an organization other than school

36.9 percent of students played on a sports team sponsored by an organization other than their school.\(^3\) Male students (46.4 percent) were significantly more likely than female students (26.8 percent) to report playing on a sports team run by an organization other than their school.\(^3\)
What Constitutes a Quality Physical Education Program?

Today's programs, which are designed and taught by certified physical education specialists, provide learning experiences that meet the developmental needs of youngsters and help them to achieve in all aspects of their lives. A high quality physical education program includes:

Instructional Periods totaling 150 (elementary) - 225 (middle and secondary school) minutes per week. Qualified physical education specialist providing a developmentally appropriate program. Adequate equipment and facilities.

Curriculum that includes:

a) Instruction in a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child

b) Fitness education and assessment to help children understand, improve and/or maintain their physical well-being

c) Development of cognitive concepts about motor skill

d) Opportunities to improve their emerging social and cooperative skills and gain a multi-cultural perspective

e) Involvement for ALL children in activities that provide maximum amounts of appropriate physical activity.

Benefits of Physical Education

Physical education is an integral part of the total education of a child. Quality physical education programs are needed to increase the physical competence, health-related fitness, self-esteem and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education programs can only provide these benefits if they are well-planned and well-implemented.

Improved Physical Fitness

Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.

Support of other Subject Areas

Reinforces knowledge learned across the curriculum. Serves as a lab for application of content in science, math and social studies.

Self Discipline

Facilitates development of student responsibility for health and fitness.

Skill Development

Develops motor skills which allow for safe, successful and satisfying participation in physical activities.

Experience Setting Goals

Gives children the opportunity to set and strive for personal, achievable goals.

Regular, healthful physical activity

Provides a wide-range of developmentally appropriate activities for all children.
• **Who Teaches Physical Education:** At the elementary level, certified physical education specialists, physical education aides under the direction of certified physical education specialists, and a small number of classroom teachers teach physical education. In middle school, certified physical education specialists and physical education aides under the supervision of a certified physical education specialist teach physical education. At the high school level, certified secondary physical education teachers teach physical education. The state requires three courses every five years or three years experience, five CEUs, and two courses every five years to meet continuing education requirements.

• **Student Requirements:** Physical education is mandated by the state. Grades K-8 are required to take a minimum of 30 minutes of physical education daily; at the high school level, one unit is required for graduation. Classes are 60 minutes daily and credit is given. Grades go towards the grade point average. Substitutions are allowed for the high school unit if the system has certified physical education teachers for Grades K-8 in every school.

**Comments:** Having the highest academic graduation requirements in the United States has caused many students to get out of physical education in order to schedule other academic classes or electives.

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**ALASKA**

• **Who Teaches Physical Education:** At the elementary level most large schools employ physical education specialists which means that most elementary students in the state receive some physical education instruction each week from a certified teacher with a physical education endorsement. Many of the small (tiny) schools, however, do not employ specialists so they do not have access to the services of a physical education specialist.

The same situation is true of the middle school and high school levels, where the larger middle schools and high schools have one or more certified teachers with physical education endorsements, while the smaller K-12 schools do not. Teachers must complete six semester hours every five years to meet continuing education requirements, but there is no requirement that these credits be from their area of endorsement/specialization.

• **Student Requirements:** The state has no requirements for elementary physical education. At all levels time allocation for physical education is a district decision. Most districts give grades and most do include them in the grade point average. One credit of health/physical education is needed for graduation. Substitutions are accepted, but this is a local decision.

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**ARIZONA**

• **Who Teaches Physical Education:** At the elementary level classroom teachers teach physical education. At the middle and high school levels classroom teachers with at least thirty hours of special training teach physical education. Teacher certification requires six years of continuous service.

• **Student Requirements:** Physical education is required by the state in grades 1-8. Districts and schools must meet state standards. High school requirements are decided by the local school districts. Most give grades and include them in the grade point average. Most have physical education requirements for graduation. Some districts accept substitutions and some don’t.

**Comments:** The state has recently passed new standards for health and physical education modeled after national standards, with some adjustments. The state has published a model curriculum focusing on the teaching of health and physical education for grades K-12. The Arizona Association for Health, Physical Education, Recreation & Dance (AZAHPERD) is a real strong advocate.

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ARKANSAS

- **Who Teaches Physical Education**: At the elementary level classroom teachers can teach physical education, but many schools have a physical education specialist. Physical education or health and physical education specialists are required at the middle and high school levels. Physical education teachers are required to receive inservice training.

- **Student Requirements**: The state requires students K-12 grades to take physical education. At the K-4 level there is no time requirement. Grades 5-8 are required to take nine weeks and in grades 9-12, 18 weeks are required. Grades are given and one-half unit is required for graduation. No substitutions are allowed.

**Contact Person**: Dana Smith or Kathleen Courtney, Health Ed. Coordinator/HIV/AIDS Coordinator, 2020 W 3rd, Suite 320, Little Rock, AR 72205, Phone (501) 324-9740, Fax (501) 324-9745

CALIFORNIA

- **Who Teaches Physical Education**: At the elementary level, classroom teachers teach physical education classes but at the middle and high school level, certified physical education specialists teach physical education. Continuing education requirements are specified by the districts and vary widely from one district to another.

- **Student Requirements**: Physical education is required by state mandate. At the elementary level 200 minutes each 10 days is required and at the middle and high school level 400 minutes each 10 days. As with other subjects 10 credits are given each year, but grades are not included in the grade point average. Two years of physical education are required for graduation. Substitutions are allowed.

**Contact Person**: Jeanne Bartelt, Consultant, Physical Education, 721 Capitol Mall, Sacramento, CA 95814, Phone (916) 657-5438, Fax (916) 445-5657

COLOMBO

- **Who Teaches Physical Education**: Generally, at the elementary, middle and high school levels, if more than one-half of a licensed teacher(s) assignment is physical education, he/she must have a physical education endorsement to teach the discipline.

Certified physical education specialists and classroom teachers teach elementary physical education while only certified physical education specialists teach middle and high school physical education.

- **Student Requirements**: Colorado is a local control state which cannot dictate statewide curricula or requirements. There are no general statistics available regarding numbers of minutes required per week, credits given or graduation requirements.

**Comments**: The Colorado Association for Health, Physical Education, Recreation and Dance (CAHPERD) is strong and offers hope for the growth of physical education in the state as it has been waning in some districts. They employ a part-time paid lobbyist to keep the legislature abreast of physical education issues and to relate legislative initiatives concerning the field to CAHPERD members. The state needs strong advocates for physical education to keep the discipline alive and strong.

In 1993, the Colorado legislature included physical education as one of 12 core subjects in the content standards bill. Since that time, State Model Content Standards for physical education have been written by Colorado educators with experience and expertise in the field. The standards are expected to be adopted by the Colorado Department of Education in December 1997 after which each of Colorado’s 176 school districts must either adopt the state model standards or write their own that meet or exceed the state model. In 1997, the Department of Education added Physical Education to the responsibilities of the Fine Arts Consultant in the School Effectiveness Unit giving the field a representative at the state level.

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CONNECTICUT

- **Who Teaches Physical Education**: At the elementary level classroom teachers may teach physical education, but they cannot be the sole provider, a certified physical education specialist is required. At the middle and high school level only certified physical education specialists teach physical education. All teachers after three years of teaching and having a masters degree or 30 hours beyond a bachelor’s degree can apply for a professional certificate. After obtaining a professional certificate, teachers must obtain 90 contact hours of continuing education activities every five years.
• **Student Requirements:** Physical education is mandated by the state, however the state only recommends the amount of time, number of days and the curriculum. Recommendations for early elementary range from 60 to 100 minutes a week, intermediate 80 to 120. In the middle school a minimum of three class periods comparable in length to other content areas. The high school must have at a minimum the time needed to meet the one credit state graduation requirement, but many districts require more. It is recommended when determining the configuration for high schools, that districts provide an offering of physical education every year for all students. Credit is given, but it is a local decision on whether or not the grades are included in the grade point average. Substitutions are not allowed except if a physician states that participation in physical education is medically contraindicated.

**Comments:** A new state guide for K-12 program development in physical education will be published in 1998. Students in grades 4, 6, 8 and 10 participate in a statewide fitness assessment.

**Contact Person:** Barb Westwater, Consultant-Comprehensive Health and Physical Education, Connecticut State Department of Education, PO Box 2219, Rm. 215, Hartford, CT 06145, Phone (860) 566-5684, Fax (860) 566-7845

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**DELAWARE**

• **Who Teaches Physical Education:** In the elementary school certified physical education specialists teach physical education. At the middle and high school level certified physical education specialists and certified health and physical education specialists teach physical education. There are no continuing education requirements for teachers, but pay increases are made according to educational levels.

• **Student Requirements:** Physical education is mandated by the state. It is a suggested activity for grades K-6. The state suggests 30 minutes daily. In grades 7-8 physical education is suggested daily for a semester or every other day for a year. For high school, two years are required. Credit is given and grades are included in the grade point average. One unit is required for graduation. Waivers may be granted for religious reasons and medical problems.

**Comments:** It is getting harder to prove physical education need and importance. Some feel physical education should be taught after school by non-certified staff or dropped. Others want to make it an elective in high school. The State Board of Education has approved a one-year request to allow 1/2 credit be given for participation in a varsity sport in lieu of physical education. Proponents do not understand differences between physical education and sports.

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**FLORIDA**

• **Who Teaches Physical Education:** Certified physical education specialists and classroom teachers teach physical education at the elementary level; certified physical education specialists teach physical education at the middle and secondary school levels. There are no continuing education requirements.

• **Student Requirements:** Physical education is mandated by the state for grades 9-12. Most elementary and middle schools have physical education programs. Most districts give grades and include them in the grade point average. One-half credit is required for graduation. Substitutions are allowed.

**Comments:** New curriculum standards for the state include physical education.

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**GEORGIA**

• **Who Teaches Physical Education:** In elementary school classroom teachers and certified health and physical education teachers teach physical education. At the middle and high school level only certified health and physical education specialists teach physical education. To meet continuing education requirements, teachers must complete 10 graduate hours every five years.
• **Student Requirements:** Physical education is mandated by the state. At the elementary and middle school level 60 hours per year is required and at the high school level one semester is required. Credit is given and grades are included in the grade point average. One half unit is required for graduation. No substitutions are allowed.

**Comments:** The state's physical education requirements are adequate.

**Contact Person:** John Roddy, Supervisor, Director of Federal Programs, Georgia Department of Education, 1854 Twin Tower East, Atlanta, GA 30334, Phone (404) 651-9406, Fax (404) 651-9416

**HAWAII**

• **Who Teaches Physical Education:** At the elementary level (K-6), classroom teachers teach physical education. Some schools have additional staff positions called instructional resource augmentation teachers (IRAs). At the middle and high school level, physical education is taught by physical education teachers, most of whom are certified as physical education teachers. A teacher licensing board has been recently established. Relicensing will be required every five years. There is also a salary schedule that allows pay increases based on the number of credits of staff development courses taken by a teacher. A new salary schedule has been agreed upon in concept which is tied into the licensing requirements, but it is not in effect until sufficient funding is available.

• **Student Requirements:** Physical education is mandated by the state. Grades K-3 are highly recommended to provide 120 minutes of physical education a week. Grades 4-6 provide 90 minutes a week. Grades 7-8 and 9-12 require one credit each. In high school the physical education grades are included in the grade point average for the student. One credit is required for graduation. Substitutions are not accepted.

**Comments:** Our goals are to have quality daily physical education, increase the physical education requirement in elementary and middle schools, and to promote staff development for teachers who teach physical education classes. The state physical education specialist is also the health education specialist.

**Contact Person:** Ann Horitsu, Department of Education, PO Box 189, Lunalilo Home Road, 2nd Floor, Honolulu, HI 96825, Phone (808) 394-1331, Fax (808) 394-1304

**IDAHO**

• **Who Teaches Physical Education:** At the elementary and middle levels physical education is taught by certified health and physical education specialists. In high school physical education is taught by certified physical education specialists. Six hours every five years are required to meet continuing education certification.

• **Student Requirements:** Physical education is mandated by the state in grades 1-8. Credit is given for courses taken as electives in high school and grades are included in the grade point average. One credit of health is required for graduation. No substitutions are allowed.

**Comments:** Physical education is considered important. The state has developed a comprehensive physical education curriculum.

**Contact Person:** Tom C. Farley, Chief, Bureau of Instruction, PO Box 83720, Boise, ID 83720-0027, Phone (208) 332-6944, Fax (208) 334-4664, E-mail: tcfarley@sde.state.id.us

**ILLINOIS**

• **Who Teaches Physical Education:** Certified physical education specialists teach physical education at the elementary, middle, and high school levels. Continuing education requirements are determined by individual districts.

• **Student Requirements:** The state requires daily physical education for grades K-12. Credits are offered, but this varies from district to district. Individual districts determine if physical education grades are to be included in the grade point average. Substitutions are allowed, such as varsity athletics, ROTC and marching band.

**Contact Person:** Glenn Steinhausen, Principle Education Consultant, Illinois Board of Education, 100 N First Street, Springfield, IL 62777, Phone (217) 782-2826, Fax (217) 785-9210
**Who Teaches Physical Education:** In about 80 percent of the elementary schools, physical education is taught by a physical education specialist. However, the elementary “Generalist” license entitles classroom teachers to teach physical education. At the middle and high school levels physical education is taught by physical education specialists.

**Student Requirements:** The curriculum role of the Indiana State Board of Education states that elementary and middle schools “must provide a balanced curriculum” of which physical education and health are given equal listing with language arts, science, math, social studies, music, etc. The curriculum must be consistent with state proficiency guides. There is a *Physical Education Proficiency and Essential Skills Guide*.

Districts set their own time requirements, however, the state recommends the following: 105 minutes per week of motor skill development, health and safety for grades K-3, 75 minutes per week of physical education in Grades 4-6, 100 minutes per week of physical education in middle school, 1 credit (the equivalent of two semesters, and equivalent to 150 minutes per week) of physical education for high school. No waivers are granted for any reason and marching band, athletics, flag corps, etc. do not count toward the requirement. Grades are included in the grade point average.

**Comments:** In Indiana we support educating the total child. The State Board of Education supports quality physical education programs. For teaching licenses obtained after 1986, six hours of college credit are required every five years in order to keep the license updated.

**Contact Person:** Phyllis Lewis, Consultant, Department of Education, Office of Program Development, Room 229, State House, Indianapolis, IN 46204-2798, Phone (317) 232-9112, Fax (317) 232-9121, E-mail: plewis@doe.state.in.us

**IOWA**

**Who Teaches Physical Education:** At the elementary and middle school level (K-8) certified physical education teachers and classroom teachers teach physical education. Certified physical education teachers teach physical education at the high school level. After 1988 six hours of credits were required every five years to meet continuing education requirements.

**Student Requirements:** Physical education is mandated by the state. For grades 1-8 there is no time requirement. In grades 9-12 a minimum of 50 minutes per week is required. Credit is given. Grades are given and are usually included in the grade point average. One unit is required for graduation. Substitutions are allowed.

**Contact Person:** Debra VanGorp, Chief, Bureau of Administration, Instruction and School Improvement, Grimes State Office Building, Des Moines, IA 50319-0146, Phone (515) 281-5811, Fax (515) 281-7700

**KANSAS**

**Who Teaches Physical Education:** At the elementary level both classroom teachers and certified physical education specialists teach physical education. At the middle school level both classroom teachers and certified health and physical education specialists teach physical education. Only certified health and physical education specialists teach physical education at the high school level. Continuing education requirements are determined by individual districts.

**Student Requirements:** Physical education is mandated by the state. At the elementary, physical education is required, but there are no time or content requirements. Local school districts make these decisions. Some school districts give credit and grades are included in the grade point average. One unit is required for graduation. No substitutions are allowed.

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**KENTUCKY**

**Who Teaches Physical Education:** At the elementary and middle school level certified physical education specialists and/or classroom teachers may teach physical education. Certified physical education specialists teach physical education at the high school level.

**Student Requirements:** Physical education is assessed at grades 5,8 and 11 as part of the state assessment for school accountability. The state assessment covers academic expectations [state standards] and core content for physical education as a means for school accountability not student accountability. It is left up to the local schools whether they use the results
of the KIRIS assessment as a determining factor toward an individual student's grade. However, since physical education is just one component of the Practical Living/Vocational Studies section of the test, schools do not have any way of knowing what an individual does on any one question of physical education. One-half unit of physical education is required for graduation. No substitutions (e.g. participation in a football program) are accepted in place of the one-half unit.

Comments: The state has adopted new graduation requirements for 2002, to begin with incoming freshmen in 1998. A one-half unit physical education requirement has been retained.

Contact Person: Agnes Durbin or Kenneth Gibson, State Department of Education, 500 Metro Street, 18th Floor, Capitol Plaza Tower, Frankfort, KY 40601, Phone (502) 564-2106, Fax (502) 564-9848, E-mail: kgibson@kde.state.ky.us

LOUISIANA

- **Who Teaches Physical Education:** Teachers certified in physical education or elementary education are qualified to teach physical education at the elementary level (K-8). At the high school level, teachers who are certified in physical education are qualified to teach the course. Teachers certified in adapted physical education are qualified to teach adapted physical education to eligible students at all grade levels. The state specifies no continuing education requirements.

- **Student Requirements:** A combination of health and physical education is required for students in grades 1-8. One hundred fifty (150) minutes per week are required for students in grades 1-6. For grades 7-8 the minimum requirement is 275 minutes per week if a school operates on a 6-period day and 250 minutes per week if a school operates on a 7-period day. Louisiana high school graduation requirements include 1½ units of physical education. Students receive grades for physical education and they are included in the grade point average. Junior ROTC is permitted as a substitution for the 1½ units of physical education as well as Adapted Physical Education for eligible special education students. The requirement may be waived for medical reasons only provided the need for the waiver is verified by a physician.

Comments: There are separate standards applicable to nonpublic schools.

Contact Person: Marlene L. Ritter, Director, Bureau of Secondary Education, PO Box 94064, Baton Rouge, LA 70804-9064, Phone (504) 342-3404, Fax (504) 342-9891, E-mail: mritter@mail.doe.state.la.us

MAINE

- **Who Teaches Physical Education:** In grades K-8 certified physical education specialists, certified health and physical education specialists and classroom teachers teach physical education and in high school certified physical education specialists or certified health and physical education specialists teach physical education. Teachers are required to complete three courses every five years to meet continuing education requirements.

- **Student Requirements:** Physical education is mandated by the state. Grades K-8 take physical education each year, with the time requirement determined by the school districts. In high school one credit is required. Credit is given and grades are included in the grade point average. One credit is required for graduation. Substitutions are not allowed.

Comments: We have many excellent programs around the state. Physical education is included as a core area in our state's learning results, since passed by the Maine legislature in May of 1997. Currently certification standards are being revised. Statewide professional development needs are being assessed. Future student achievement of Maine's learning results for physical education will be assessed through both state and local measurement.

Contact Person: Bill Primmerman, Regional Education Service Team Representative, Maine Department of Education, 23 State House Station, Augusta, ME 04333-0023, Phone (207) 287-4484, Fax (207) 287-5927, E-mail: bill.primmerman@state.me.us

MARYLAND

- **Who Teaches Physical Education:** At the elementary level both classroom teachers and physical education specialists teach physical education. Middle and high school physical education are taught by certified health and physical education specialists. General continuing education requirements are mandated by the state. Local districts may exceed those requirements.
- **Student Requirements**: Physical education is required by state mandate. Each local school system provides an instructional program each year for all students in grades K-8. Each school system offers a physical education program in grades 9-12. No time requirements are specified at any level. Credit is given and grades are included in the grade point average. One half credit is required for graduation. Substitutions are accepted.

**Contact Person**: Kay Birukoff, Branch Chief, Arts and Science Branch, Maryland State Department of Education, 200 West Baltimore Street, Baltimore, MD 21201, Phone (410) 767-0350, Fax (410) 333-2379, E-mail: kbirukof@msde.state.md.us

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- **MASSACHUSETTS**

- **Who Teaches Physical Education**: At all educational levels physical education is taught by certified physical education specialists, certified health and physical education specialists and classroom teachers (20 percent of their time). Continuing education requirements are specified by the state.

- **Student Requirements**: Physical education is mandated by the state. At all grade levels the total hours of physical education is determined by the school districts. Grades are given and they are included in the grade point average. Graduation requirements are decided by the individual school districts. No substitutions are allowed.

**Contact Person**: Susan Farb, State Department of Education, Physical Education Coordinator, 350 Main Street, Maiden, MA 02148-5023, Phone (617) 388-3300 ext. 382, Fax (617) 388-3394, E-mail: sfarb@doe.mass.edu

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- **MICHIGAN**

- **Who Teaches Physical Education**: Certified physical education or certified health and physical teachers teach physical education at all levels.

- **Student Requirements**: The state requires that physical education be provided. Each district is allowed to determine when and how much physical education will be provided. In elementary school it is usually 30 minutes, twice a week, in middle school it varies widely and in high school one to four semesters may be required by school districts. Districts decide on credits. Ninety percent of districts require physical education for graduation. Substitutions are allowed.

**Comments**: Several initiatives by the Governor's Council on Physical Fitness, Health and Sports are strengthening physical education; the development of a K-12 physical education curriculum, Michigan Exemplary Physical Education Curriculum, Governor's Council on Physical Education Award Program.

**Contact Person**: Pat Nichols, Supervisor, School Health Programs Unit, Michigan Department of Education, PO Box 30008, Lansing, MI 48909, Phone (517) 373-7247, Fax (517) 373-1233, E-mail: nicholp@state.mi.us

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- **MINNESOTA**

- **Who Teaches Physical Education**: At the elementary level it can be a certified physical education teacher, classroom teacher (not more than 3 classes) or a combination. At the middle level and high school a certified physical education teacher must teach physical education. Recertification is required every two years.

- **Student Requirements**: Physical education is mandated in the Minnesota Standard, Profile of Learning. There are benchmark criteria at grades 3, 5 and 8. In order to graduate, a student must pass the physical education standards at the high school level. Substitutions are not allowed. The decision for grades is made at the local level.

**Comments**: The state has moved toward more local control and less regulations in education. We have lost curriculum specialists at the state level and all former rules, regulations and board mandates have been sunset as of July 1, 1996. Currently the Graduation Standard is where physical education is required. The amount of time is up to the local district. Students will have to pass the test to graduate. We also are implementing a Comprehensive School Health Initiative and Health and Physical Education are included as components.

**Contact Person**: George Hanson, Minnesota Department of Children, Families & Learning, 925 Capitol Square Building, 550 Cedar Street, St. Paul, MN 55101, Phone (612) 296-6943, Fax (612) 297-5695, E-mail: george.hanson@state.mn.us
**MISSISSIPPI**

- **Who Teaches Physical Education:** At the elementary school level certified health and physical education specialists and classroom teachers teach physical education. At the middle and high school levels certified health and physical education specialists teach physical education.

- **Student Requirements:** Physical education is not mandated by the state. Decisions concerning physical education are left to the local school districts. Grades are usually given. There is no physical education graduation requirement. Substitutions are allowed.

**Comments:** A newly revised curriculum has been disseminated to all school districts. Efforts are being made at the grass roots level to improve physical education programs.

**Contact Person:** Charles Orr, Comprehensive School Health Coordinator, State Department of Education, PO Box 771, Jackson, MS 39205-0771, Phone (601) 359-3915, Fax (601) 359-2587

**MISSOURI**

- **Who Teaches Physical Education:** At the elementary, middle and high school levels physical education is taught by certified health and physical education specialists. Physical education teachers must meet state certification standards. Lifetime certification is no longer available.

- **Student Requirements:** Physical education is mandated by the state. At the elementary level 50 minutes per-week is required. In middle school three periods per-week and in the high school one credit, but there is no time requirement specified. Credit is offered in grades 9-12. Grades are included in the grade point average. One credit is required for graduation by the state, but some districts require more. No substitutions are allowed.

**Comments:** Physical education and health education were included in the Education Reform Initiative. State standards and curriculum frameworks have been established and a state performance assessment will be developed for health and physical education by the year 2000. The Missouri Association for Health, Physical Education, Recreation & Dance (MAHPERD), the Governor’s Council on Physical Fitness and Health and the Department of Elementary and Secondary Education are sponsoring exemplary program awards.

**Contact Person:** Sandy Nichols Mazzocco, Health and Physical Education Consultant, PO Box 480, Jefferson City, MO, 65102, Phone (573) 751-0448, Fax (573) 526-7861, E-mail: snichols@mail.dese.state.mo.us

**MONTANA**

- **Who Teaches Physical Education:** At the elementary level classroom teachers or certified health and physical education teachers teach physical education. At the middle and high school level only certified physical education specialists teach physical education. In order to meet continuing education requirements teachers are required to earn six university credits every five years or 60 inservice credits.

- **Student Requirements:** Physical education is mandated at the state level. Credit is given; seventh and eighth grades receive one half unit and nine through twelfth grades receive one unit. At the middle and high school level 112 minutes are required and at the elementary level there is no time requirement. Grades are given and in most districts these grades are included in the grade point average. One unit is required for graduation. No substitutions are allowed.

**Comments:** The state is moving toward a more health oriented approach, termed Health Enhancement. Physical education is built into this component and the program has gathered widespread support.

**Contact Person:** Spencer Satorium, Administrator, Health Enhancement Division, Office of Public Instruction, PO Box 202501, Helena, MT 59620-2501, Phone (406) 444-4434, Fax (406) 444-3924, E-mail: ssatorium@opi.mt.gov
**Who Teaches Physical Education:** At the elementary level, classroom teachers usually teach physical education. In some cases, (larger districts) they do have physical education specialists who teach and many times share several schools or sites. At the middle school and high school levels, certified health and physical education teachers teach on a regular basis. To meet state certification requirements, a current state teaching certificate is needed. This can be specific to K-6, Middle, High School, or K-12.

**Student Requirements:** Physical education is mandated by the state at all levels. Credit is usually offered. Grades are given in middle and high school and included in the grade point average. Twenty units or approximately two years are required for graduation (this includes health). No team or individual athletic sports can be substituted for this credit.

**Comments:** Nebraska is a local control state. This means many districts set their own standards in the area of physical education to meet the state guidelines. Physical education in the state has been very vibrant. In the last few years it has been somewhat less but is picking up again. There is a move underway to look at standards for physical education and develop a framework for the state.

**Contact Person:** La Vonne Uffelman, Project Coordinator Health and Physical Education Frameworks, 301 Centennial Mall South, PO Box 94987, Lincoln, NE 68509-4987, Phone (402) 471-4359, Fax (402) 471-4333, Email: uffelman@nde4.nde.state.ne.us

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**Who Teaches Physical Education:** At all levels physical education is taught by certified physical education specialists. Six credits are required every six years for recertification.

**Student Requirements:** Physical education is mandated by the state. No time requirements are specified for grades K-8. For grades 9-12 two credits are required for graduation. Grades are given and are usually included in the grade point average. No substitutions are allowed.

**Comments:** Physical education could be a lot stronger. Classes in the state are growing faster than the districts can handle. Adjustments have to be made and they are affecting the quality of our physical education programs.

**Contact Person:** Marianne Carr, Nevada Department of Education, 700 East 5th Street, Carson City, NV 89701-5096, Phone (702) 687-9162, Fax (702) 687-9119

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**Who Teaches Physical Education:** At the elementary level classroom teachers, certified physical education specialists and other personnel can teach physical education. Certified physical education specialists and classroom teachers teach physical education at the middle school level and only certified physical education specialists teach physical education at the high school level. Continuing education requirements are 50 hours over three years.

**Student Requirements:** Physical education is mandated by the state. Credit is offered. Grades may be given, but it is a district by district decision. At the middle school level 35 hours are required and at the high school level between 135 and 150 hours are required for graduation, the equivalent of one unit. Substitutions are allowed.

**Comments:** The state is moving away from sport centered physical education to a more holistic approach to health and physical education. There is also a trend toward the use of more part-time personnel.

**Contact Person:** Rachel Hopkins, Administrator, Elementary Education, N.H. DOE, 101 Pleasant St, Concord, NH 03301-3860, Phone (603) 271-3582, Fax (603) 271-1953
NEW JERSEY

- **Who Teachers Physical Education:** At the elementary and middle school levels, elementary certified teachers, certified health and physical education specialists or certified physical education specialists teach physical education. In high school certified physical education specialists and certified health and physical education specialists teach physical education. Currently continuing education requirements are in the developmental stage.

- **Student Requirements:** Physical education is mandated by the state. Grades 1-12 are covered by existing statute that requires 150 minutes of health, physical education and safety per week; however, the Core Curriculum Content Standards extend CHE/PE K to 12. CHE/PE will become part of statewide assessment program (grades 4, 8, & 11) beginning with pilot 2000-2001. Grades are given and they maybe included in the grade point average. Yearly participation is required for graduation. Alternate programs rather than substitutions are allowed.

**Comments:** Physical education has finally been recognized as part of the core curriculum. Standards are a big step forward. The Comprehensive Health and Physical Education Framework should help define the field.

**Contact Person:** Linda Morse, School Health Services Coordinator, New Jersey Department of Education, PO Box 500, Trenton, NJ 08625-0500, Phone (609) 292-5786, Fax (609) 633-9655, E-mail: lmorse@doe.state.nj.us

NEW MEXICO

- **Who Teaches Physical Education:** At the elementary level the districts may use classroom teachers or licensed physical education specialists. Middle and high schools must use licensed physical education specialists. Continuing education requirements are tied to a teacher's professional development plan (PDP) and are specific to each teacher.

- **Student Requirements:** Physical education is mandated by the state. Elementary students take physical education every year. Physical education is required at Grade 7 for all students and one year of physical education is required for all students between grades 9-12. At the middle school and high school levels physical education is usually one period per day, all year. Credit is given at the middle and high school levels. Substitutions are not allowed, with the possible exception of athletic participation. Grades are given and count toward the grade point average.

**Comments:** Content standards with benchmarks, K-12 for physical education, have been adopted by the State Board of Education as regulations as of June 1997.

**Contact Person:** Dr. William Owen Blair, Education Consultant, New Mexico State Department of Education, 300 Don Gaspar, Sante Fe, NM 87501-2786, Phone (505) 827-6570, Fax (505) 827-4263/6696

NEW YORK

- **Who Teaches Physical Education:** At the elementary level certified physical education teachers and classroom teachers can teach physical education. In middle and high school certified physical education teachers must provide instruction in physical education. There are no continuing education requirements.

- **Student Requirements:** Physical education is mandated by the state. In grades K-3 five days a week is required, with a minimum of 120 minutes a week. In grades 4-6 a minimum of three days a week, with a minimum of 120 minutes a week. Grades 7-12 three times a week in one semester and two times per week in the other semester. Credit is given. Inclusion of grades in the grade point average is a local decision. Two units are required for graduation. Substitutions are allowed, but it is a local option.

**Contact Person:** Colleen Canorro, PE, State Ed. Department, Room 681 EBA, Albany, NY 12234, Phone (518) 474-5820, Fax (518) 473-4884, E-mail: ccanorro@mail1.nysed.gov
**WHO TEACHES PHYSICAL EDUCATION**

- **At the elementary level classroom teachers and certified health and physical education specialists teach physical education. At the middle and high school level certified health or physical education specialists teach physical education. Teachers must complete 20 hours a year in teacher renewal hours to meet continuing education requirements.**

- **STUDENT REQUIREMENTS**
  - Physical education is mandated by the state. In elementary school the time varies from 30 to 40 minutes daily. In middle school the time varies from 45 to 55 minutes daily. Credit is given and grades are included in the grade point average. One unit of physical education and health is required for graduation. Substitutions are not allowed.

**CONTACT PERSON:** Kymm Ballard, NCDPI, Physical Education, Athletics, Sports Management Consultant, Healthful Living Section, 301 North Wilmington Street, Raleigh, NC 27601-1823, Phone (919) 715-1823, Fax (919) 715-2229, Email: kballard@dpi.state.nc.us

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**WHO TEACHES PHYSICAL EDUCATION**

- **At the elementary level classroom teachers and teachers with a major or minor in physical education teach physical education. At the middle and junior high school level physical education is taught by teachers with an elementary major with at least eight semester hours of physical education or a secondary teacher with a major or minor in physical education. High school physical education is taught by secondary certified teachers with a major or minor in physical education. The continuing education requirements for teachers is four semester hours every five years.**

- **STUDENT REQUIREMENTS**
  - Physical education is mandated by the state. Ninety minutes per week in grades 1-6 are required. Eighty minutes per week in grades 7-8 and 120 clock hours of instruction and activity for grades 9-12 are required and credit is given. It is a local decision as to whether or not grades are included in the grade point average. One unit is required for graduation. Substitutions are allowed, but only for disabling conditions.

**COMMENTS:** We are a very overweight state, ethnicity and weather have a lot to do with our problem. Our young people are participating less in physical activity, as indicated by the 1995 Youth Risk Behavior Survey.

**CONTACT PERSON:** Roger Rieger, State Department of Public Instruction, 600 E Boulevard Avenue, Bismarck, ND 58505-0440, Phone (701) 328-2266, Fax (701) 328-4770

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**WHO TEACHES PHYSICAL EDUCATION**

- **At the elementary level classroom and special education teachers may teach physical education, but almost all school districts use certified physical education specialists. In middle and high school, special education teachers can teach physical education but most classes are taught by certified physical education specialists. Continuing education requirements are four years and eighteen ces, eight years and thirty-six ces and with a permanent certificate no continuing education credits are required.**

- **STUDENTS REQUIREMENTS**
  - Physical education is mandated by the state. In elementary 200 minutes a week are required of art, music and physical education combined. In middle school 80 minutes a week are required and at the high school level two semesters are required. Credit is given and grades are included in the grade point average. One half credit is required for graduation. No substitutions are allowed, however there is a program where local districts determine education options in physical education which follows the curriculum guidelines.

**COMMENTS:** A major emphasis on proficiency exams in grades 4, 6, and 9 in math, science, social studies, and language arts has hurt the emphasis on health and physical education. Physical education is listed as a competency based area in Senate Bill 140, which will help when our model in health and physical education passes the state board of education. The state is moving toward portfolio assessment for students at grades 4, 8, and 12. Performance based teacher licensure standards will be in place by the year 2002.

**CONTACT PERSON:** Patricia K. Owens, Ph.D., Consultant, Ohio Department of Education, Room 1009, 65 S Front Street, Columbus, OH 43215-4183, Phone (614)466-2204, Fax (614)728-3058, Email: pd_owens@ode.ohio.gov
OKLAHOMA

• **Who Teaches Physical Education:** At the elementary (K-6) and middle school (7-12) levels classroom teachers teach physical education. In high school mostly certified physical education specialists teach physical education, but some classroom teachers may also teach physical education.

• **Student Requirements:** Physical education is mandated by the state. Grades K-8 have 55 minutes per week of physical education. There is no requirement at the high school level. Grades and their inclusion in the grade point average are the decision of the local school district.

**Comments:** We are working to incorporate health and physical education into programs for all students.

**Contact Person:** Dan Reich, Director of Comprehensive Health, State Department of Education, 2500 North Lincoln Boulevard, Oklahoma City, OK 73105-4599, Phone (405) 521-2106, Fax (405) 521-6205, E-mail: dreich@sde.state.ok.us

OREGON

• **Who Teaches Physical Education:** At the elementary level most districts use classroom teachers, but some districts use certified health and physical education specialists. In middle school classroom teachers and certified health and physical education specialists teach physical education and at the high school level mostly certified health and physical education specialists teach physical education, but sometimes classroom teachers are required to do so. Continuing education requirements are determined by the districts.

• **Student Requirements:** Physical education is mandated by the state. In elementary and middle school physical education is taught each year, with no time requirements. In high school one year is required. Credit is given and grades are included in the grade point average. One credit is required for graduation. Substitutions are possible by special waiver approved by the state board of education.

**Comments:** Physical education has common curriculum goals for grades 3, 5, 8 and 10 that all programs K-12 must provide instruction in.

**Contact Person:** Paul Kabarec, Health Specialist, Department of Education, 255 NE Capital Street, Salem, OR 97310, Phone (503) 378-5585, Fax (503) 373-7968, E-mail: paul.kabarec@state.or.us

PENNSYLVANIA

• **Who Teaches Physical Education:** At the elementary level certified physical education specialists, certified health and physical education specialists and classroom teachers teach physical education. Certified physical education teachers and certified health and physical education at the middle and high school level.

• **Student Requirements:** Physical education is a state mandate at all levels. In order to meet graduation requirements students must achieve the six wellness and fitness outcomes, plus any additional locally adopted outcomes. There are no substitutions. Time allocation and grades for physical education are decided by each individual district.

**Comments:** The current administration put a hold on “outcomes,” and “standards” are being written in all curricular areas. (1997)

**Contact Person:** John L. Emminger, Health and Physical Education Advisor, 333 Market Street, 8th Floor, Harrisburg, PA 17126-0333, Phone (717) 772-2167, Fax (717) 787-7066

RHODE ISLAND

• **Who Teaches Physical Education:** At the elementary school level physical education specialists and classroom teachers are allowed to teach physical education. At the middle school level certified physical education specialists teach physical education courses and at the high school level certified physical education specialists and certified health and physical education specialists teach physical education.

• **Student Requirements:** The state requires 100 minutes per-week of Health and Physical Education at all educational levels. Physical education is required for graduation, but it is a local decision as to whether or not to give credit for physical education. The inclusion of physical education grades in the grade point average is a local decision. There are no substitutions for physical education.
**Contact Person:** Steve Nardelli, Rhode Island Department of Education, 255 Westminster Street, Providence, RI 02903-3400, Phone (401) 277-4600, ext. 2209, Fax (401) 277-2734

**SOUTH CAROLINA**

- **Who Teaches Physical Education:** At the elementary level (K-5) certified physical education specialists and classroom teachers teach physical education. Only certified physical education teachers teach physical education at the middle school level (6,7,8). Schools with 800 or more students must have a physical education specialist, but classroom teachers may provide part of the instruction in physical education. At the high school level certified physical education specialists teach physical education. To maintain certification teachers must complete six semester hours of college credits or 120 points within an approved South Carolina school district certificate renewal plans or six semester hours of State Department of Education (SDE) certificate renewal credit of the three.

- **Student Requirements:** Physical education is required by the state. No specific minutes per week are required at the elementary and middle school level. Schools must determine the amount of instructional time in a subject area as approved by the local board of trustees and the State Superintendent of Education. The school day must be at least six hours including lunch, or its equivalent weekly. One unit is required for graduation. Beginning in fall 1997, freshmen may take three additional years of physical education for credit. Physical education grades are included in the grade point average. Exemptions or substitutions are allowed only for physical and religious reasons and must be approved by the local school board.

- **Comments:** The physical education unit for graduation requires the curriculum include four defined standards. The SDE is currently developing a system for physical education accountability and evaluation. A draft Physical Education Framework for grades K-12 will be disseminated Spring, 1998 for public comment.

**Contact Person:** Frances Lewis, Education Associate, 1429 Senate Street, Room 801-B, Columbia, SC 29201, Phone (803) 734-8217, Fax (803) 734-6142, E-mail: flewis@sde.state.sc.us

**SOUTH DAKOTA**

- **Who Teaches Physical Education:** Physical education at all levels is taught by certified physical education specialists, or certified health and physical education specialists. Teachers are required to take six hours of college credits every five years to meet continuing education requirements.

- **Student Requirements:** Physical education is not required by the state. Local school districts decide on physical education requirements and substitution options. Some offer credit and most school districts include physical education grades in the grade point average. There is no physical education requirement for graduation.

**Contact Person:** Patricia Stewart, Director, Comprehensive School Health Program, 700 Governors Drive, Pierre, SD 57501-2291, Phone (605) 773-4257, Fax (605) 773-67079, E-mail: pats@deca.state.sd.us

**TENNESSEE**

- **Who Teaches Physical Education:** At the elementary level classroom teachers and certified health and physical education specialists teach physical education. At the middle school level certified health and physical education or certified physical education specialists teach physical education. In high school certified physical education specialists teach physical education.

- **Student Requirements:** Physical education requirements are made by the individual districts, but must be based on the state board approved physical education curriculum framework. Most districts give grades and include them in the grade point average. Physical education is not required for graduation. Lifetime Wellness is required for graduation. This course includes a Personal Fitness Strand. No substitutions are allowed.

**Contact Person:** Mike White, Tennessee Department of Education, Andrew Johnson Tower, 5th Floor, 710 James Robertson Parkway, Nashville, TN 37243-0379, Phone (615) 532-6277, Fax (615) 532-8536, E-mail: whitem.08tn@aol.com
**TEXAS**

- **Who Teaches Physical Education:** At the elementary level, all classroom teachers are certified to teach physical education. In about 50% of the school districts, certified physical education specialists teach physical education. At the middle and high school level certified physical education specialists teach physical education. Teachers are required to meet continuing education certification requirements.

- **Student Requirements:** The state requires that physical education be offered to all students. Local school districts make the decision for grades K-8. For grades 9-12, one and one-half units of physical education are required for graduation. Most districts give grades and they are included in the grade point average. Substitutions are widely accepted.

**Contact Person:** Tommy Fleming, Texas Education Agency, 1701 N Congress Avenue, Austin, TX 78701-1494, Phone (512) 463-9660, Fax (512) 475-3667, E-mail: tfleming@texas.net

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**UTAH**

- **Who Teaches Physical Education:** At the middle and high school levels certified physical education specialists teach physical education. In the elementary school para-professionals teach physical education supervised by certified teachers. Nine hours of continuing education credits every five years are required to meet certification requirements.

- **Student Requirements:** Physical education is mandated by the state. Grades K-6 have no time requirements and grades 7-12 average 250 minutes per-week. Credit is given and grades are included in the grade point average. One and one-half credits are required for graduation. Substitutions are allowed on the basis of demonstrated competency.

**Comments:** The state has physical education specialists in the curriculum section of the State Department of Education. Increased awareness and attention to physical education and health has developed through the “Fit Kids Utah” program, Utah’s Comprehensive School Health Education Model.

**Contact Person:** June Matheson, Physical Education Specialist, 250 East, 500 South, Salt Lake City, UT 84111, Phone (801) 538-7780, Fax: (801) 538-7769, E-mail: jmatheson@usoe.k12.ut.us

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**VERMONT**

- **Who Teaches Physical Education:** At the elementary level 75-80% of physical education is taught by certified physical educators; in the middle and high school certified physical education specialists teach physical education. In order to meet continuing education requirements teachers must have an Individual Professional Developmental Plan.

- **Student Requirements:** Physical education is mandated by the state. Grades 1-8 have physical education twice a week. Credit is given and grades are usually included in the grade point average. One and one-half units are required for graduation. Some substitutions are allowed, but only for one-quarter credit.

**Comments:** The state deserves a C-plus because of the tremendous efforts of some school districts to improve physical education programs.

**Contact Person:** Doug Dows, Manager of Family and Educational Support, State Department of Education, 120 State Street, Montpelier, VT 05620-2501, Phone (802) 828-5109, Fax (802) 828-3140, E-mail: ddows@doe.state.vt.us

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**VIRGINIA**

- **Who Teaches Physical Education:** Certified physical education or health and physical teachers are required for middle and high school physical education. At the elementary level classroom teachers are also allowed to teach physical education. License renewal is required every five years and is accomplished by completing one hundred eighty professional development points.

- **Student Requirements:** At the elementary and middle school level physical education must be offered, but students are not required to take the course. At the high school level two years/units are required for graduation. Students are not allowed to substitute other courses or activities for physical education. Grades are given and included in the grade point average.

**Comments:** The Department of Education, Virginia Association for Health, Physical Education, Recreation and Dance (VAHPERD) and the Virginia Congress of Teachers have been very supportive of physical education. The 1993 YRBS indicated a high percentage of students grades 6-12 were not practicing good nutritional or fitness behaviors, but statewide scores on physical fitness tests have been improving for the last six years.
WASHINGTON

- **Who Teaches Physical Education**: At the elementary level physical education is taught by classroom teachers and at the middle and high school levels certified physical education specialists and classroom teachers teach physical education. Teachers must obtain 15 hours of continuing education credits a year. Teachers with masters degrees have no requirements.

- **Student Requirements**: Physical education is mandated by the state. Grades 1-8 average 20 minutes a day. High school requires two years of physical education. Credits are given and most districts include them in the grade point average. Two credits are required for graduation. Substitutions are allowed.

- **Comments**: The state is in the process of educational reform. As a part of this reform health and fitness are considered an essential part of learning.

Contact Person: Pam Tollefsen, Program Supervisor for Health Education, Office of Public Instruction, Old Capitol Building, PO Box 47200, Olympia, WA 98504, Phone (360) 586-0245, Fax (360) 664-3575, E-mail: pant@ospl.wednet.edu

WEST VIRGINIA

- **Who Teaches Physical Education**: In grades K-5 physical education is taught by either multi-subject certified teachers or physical education specialists. In grades 6-12 certified physical education teachers teach physical education. Continuing education requirements are specified by the state for all teachers.

- **Student Requirements**: Physical education is mandated by the state. At the elementary, middle and junior high levels physical education is required each year, with no specific time allocations. At the high school level one unit is required for graduation, time requirements are the same as for any other subject. Grades are given and included in the grade point average. Substitutions are not accepted.

- **Comments**: Physical education continues to improve, the state has a progressive attitude and is on the move toward lifetime fitness and meeting the national standards for physical education. The President's Physical Fitness Test is mandated by law to be administered to all students annually through grade nine. The state also mandates that each school achieve a 40% or better passage rate (combination of the National and Presidents level) on the President's Physical Fitness Test each year, or show an increase in the passage rate in each of the three previous years. This mandate must be met for a school to achieve the status of full accreditation by the state.

Contact Person: John Ray, Coordinator of Health and Physical Education, Building 6-Room 309, 1900 Kanawaha Boulevard East, Charleston, WV 25305, Phone (304) 558-8830, Fax (304) 558-3787, E-mail: jray@access.k12.wv.us

WISCONSIN

- **Who Teaches Physical Education**: At the elementary level certified physical education specialists and classroom teachers teach physical education. In the middle and high school levels certified physical education teachers teach physical education. Six semester hours of credits are required every five years to meet continuing education requirements.

- **Student Requirements**: Physical education is mandated by the state. K-6 grades meet three times a week. Grades seven and eight each week. Credit is given and grades are usually included in the grade point average. In grades 9-12, one and one-half credits are required for graduation and must be earned in three of the four high school years. No substitutions are allowed.

- **Comments**: To quote a Chinese proverb: Unless we change our direction we are likely to end up where we are headed. We have to put fun and physical activity into physical education so that when our young people are not with us they will want to participate on their own.

Contact Person: Chet Bradley, Health Education and Physical Education Consultant, 125 South Webster Street, Madison, WI 53707-7841, Phone (608) 266-7032, Fax: (608) 264-9553, E-mail: bradce@mail.state.wi.us
Who Teaches Physical Education: Teachers are required to be certified as an elementary, secondary, or K-12 physical education teacher. Elementary level classroom teachers may teach physical education within their self-contained classrooms. Adapted physical education requires a specific endorsement. Renewal requirement is the completion of five credit hours every five years.

Student Requirements: Physical education is mandated by the state, but each school district must develop its own physical education standards. In most cases credit is given. Grades are included in the grade point average. Physical education graduation requirements vary from district to district. Substitutions are at the discretion of the local school district.

Comments: The department has not had a physical education consultant, nor a curriculum unit for years.

Contact Person: Jim Lewdino, Consultant, Hathway Building, Cheyenne, WY 82002, Phone (307) 777-6268, Fax (307) 777-6234

Documents for Quality Physical Education


National Standards for Beginning Physical Education Teachers (1995), stock #304-10085, $12/$15


Physical Education Program Guidelines and Appraisal Checklist Sets for elementary (#304-1008...$5/$8), middle (#304-10087...$5/$8) and secondary (#304-10088...$5/$8) school

Developmentally Appropriate Practice in Movement Programs for Young Children, Ages 3-5, 1995, stock #304-10079, 3/$5


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